

SHORTS



Dulwich Runners AC
Weekly Newsletter
August 31st 2022
www.dulwichrunners.org.uk

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start
£1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar available.
Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track
track and grass intervals suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 4 Fixtures
- 5 Race reports and results
- 7 Club kit
- 8 Wednesday night run map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



2022/23 membership

If you have not renewed or are not a fully paid up member then you cannot compete in any race as a Dulwich Runner or take part in the club champs.

Any membership queries contact: barry@bg1.co.uk

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

EA reg is £16 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (the same applies to EA reg.

Thankyou to those of you that have renewed

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, aim to arrive by 7pm to sign in pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

NOTE: £1 club run fee for members and guests each

If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday hill training in September

7pm every Tuesday in September - Low Cross Wood Lane opposite Sydenham Hill station, College Road.

Please do at least 5-10 mins of gentle jogging before the 7:00pm start, with some warm-ups and drills and then main session , finishing 7:45-7:50pm . Sessions are free. Arrive ready to run - it should be safe to leave any jackets or water bottles etc.

Running up and down a well-lit traffic-free path – leave room for pedestrians to pass.

Sessions will vary week to week, expect reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session.

If targeting an autumn marathon you might prefer to stick to what's in your plan and run your intervals on flatter ground that similar to terrain you'll be racing on. Dulwich Park opens until 8pm in September, I suggest meeting up to run there.

Let me know if you have any questions, comments or feedback. Tom (Coach in Running Fitness) tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. . We use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective contacts



Surrey League

We compete in the Surrey League and it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there's other cross country races, mostly Saturdays. It's possible to find a race most Saturdays in the season. eg: county champs (inc. Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. Fixture list in Shorts and website.

Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the other 4 races from the Ken Croke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

Footwear

Early season use road or trail shoes and when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As the ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

2022/23 Ken Croke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

Contacts

Further info contact your captains at:
dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
 Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Sep 4	Big Half	(L) London
7	HHH open (ft. Stan Allen mile)	Tooting
17/18	Kent track & field masters	Erith
24	Southern 6/4/3 stage road relay champs.	Crystal Palace
Oct 2	London Marathon (or alt. marathon)	(L) London or alt.
15	Surrey League XC	Effingham Common
22	SEAA XC Relays	tbc
29	Surrey Masters	tbc
Nov 12	Surrey League XC	Wimbledon Common
19	London Champs,	Parliament Hill
26	South of Thams XC 5M	Lloyd Pk
Dec 10	SEAA Masters XC	tbc
17	South of Thams XC 7M	Aldershot tbc
Jan 14	Surrey League XC	date tbc tbc
28	South of England Champs	Beckenham
Feb 11	Surrey League XC	date tbc tbc

Note: The September Assembly League Race has had to be cancelled.

* AFD currently plans Aldershot road relays at Rushmoor Arena for 24. Sep and likes to incorporate Southern. SEAA silent on this and has relays with location tbc for 25. Sep.

After the Big Half on Sunday September 4th, Dulwich Runners have space reserved in Richard 1st Pub from 10:30am, especially for us. A short walk from the bag collection area. Details of the pub are as follows:- <https://whatpub.com/pubs/SEL/10590/richard-i-greenwich>

Stan Allen Miles, Tooting Bec

7 September

The Tooting Bec track has been relaid. Herne Hill Harriers are hosting Mile races to celebrate Stan Allen, doyen of the club for over forty years. Graded races based on predicted time from 6.30 pm starting with slowest first and then finishing with the fastest race. enter here: <https://data.opentrack.run/en-gb/x/2022/GBR/stanallenmiles/>

Kent Track and Field Masters

For those affiliated to Kent county (either born or resident in the county or London Boroughs of Bexley, Bromley, Lewisham, Greenwich - check with captains if unsure) the annual track and field masters champs is available for booking until 25 August.

The event will be held on the weekend of 17/18 September at the David Ives Stadium, Erith, DA8 3AT. Events include 100m, 200m, 400m, 800m, 1500m and 5000m. Open to aged 35 and above.

Entry details can be found at: <http://kcaa.org.uk/onlineregs/newmeeting9.php?MeetID=9>

SEAA Road Relays Champs. Crystal Palace Park

Saturday 24 September 2022

The Southern England Athletics Association (SEAA) 2022 Multi Stage Road Relays will be held at Crystal Palace Park Saturday 24 September 2022. This is an event that is both very local and one where we have done well in the past. In addition the top 25 placed senior mens teams qualify for the mens national road relays later on 8 October.

Teams are available for senior and masters age groups, men and women. For those running the London Marathon the distance could be very useful for fine tuning your performance during the tapering phase. All entrants need to be first claim members of Dulwich Runners. The club pays for entries.

Timings and stage lengths are as follows:

1.30 pm	Senior Women	4 stages of 4500m
1.30 pm	Veteran Women (40+, 50+)	4 stages of 4500m
2.30 pm	Senior Men	6 stages of 6000m
2.30 pm	Veteran Men (40+, 50+, 60+)	4 stages of 6000m

To be considered contact your captains:

alexloftus75@gmail.com / chuckedward@gmail.com / dulwichladiescaptain@gmail.com

We can enter multiple teams for each age group, older runners can run in the senior team.

We need to enter teams by 8 September at the latest

if you are not able to run the organisers would be really grateful for volunteers. They have contacted Yvette Dore with the following message:

"In order to support this event we must maintain a level of officials and marshals to assure the smooth and safe running of this event. As your club is located reasonably locally to Crystal Palace Park, we would be very grateful if you could provide any help on the day. If your club provides a number of volunteers, then SEAA will make a donation to your club. As well as this travel expenses and lunch will be provided (excluding ULEZ or congestion charges)."


If you can help please let Yvette know at: yvette.dore@hotmail.co.uk

Put a spring back in your stride with a Sports Massage.


Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004 - www.hernehillsportsmassage.co.uk


[hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)



Dulwich Runners

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

 app.dulwichrunners.org.uk

Now also available on iOS and Android. Search for "Dulwich Runners"





Feedback and requests [Andrea Ceccolini](#)
 Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

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Want your race results and reports in SHORTS ? please& email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Tooting Bec BMC 5000m

24th August

Three Dulwich Runners turned out for the final London-based BMC meet of the season: me (Jack Ramm), Ade Russell, and Tom Shakhli.

Before our own races, we watched some world-class middle-distance running. Charlie Hunter of Australia won the 800 in 1:46.19. Taryn Rawlings of the USA was the fastest 800m woman with 1:59:36. Finally, two athletes broke the four-minute mile barrier: Hobbs Kessler and Eric Avila. Both Americans ran 3:58:73 and 74.

I was in the first of two 5000m heats. Though the gun fired at 9pm, it was still a humid 25 degrees. I ran exactly what I've come to expect from the 5000, regardless of my intention beforehand. Namely: 0 – 1000 too fast. Steady through 1000 – 3500. Falling apart from 3500 -- 4600. Decent last lap. I went into the 5th K in 12:03, so a sub-15 looked dicey. A sprint for the line got me out of third, into second, and under 15. Clocking 14:58 feels like a good reflection of current fitness, and gives me some hope for The Big Half.

Heat B saw Ade Russell pull into the lead, and behind a pacemaker, from the gun. The first K may have been a bit quicker

than the advertised 77s lap, but Ade looked relaxed. It became obvious that this was going to be a time trial for him; he was well clear of the chasing pack. At the back of that chase pack, around 5th or 6th place, was Tom Shakhli. Tom had mentioned that he wasn't certain about how to gauge his effort, this being his first track 5. Once the race had settled down, he found himself between groups. Leading a couple of runners, whilst chasing another group ahead of him. But he looked comfortable and confident ticking off the first few laps.

By the midway point, Ade was still going strong. The pacer was hitting 77s laps metronomically, and Ade tucked right onto his shoulder. Further down the field, Tom was gobbling up those runners between him and Ade. They'd all gone off a little fast, and he was working through them by maintaining his pace. The heat was getting to some people, and six runners dropped out.

By the final mile, the relentless 77s looked to be getting to Ade. He was slipping away from the back of the pacer, losing a second or so a lap. There was no implosion, though, and Ade did well to hang in there. The pacer dropped out with about 600m to go, leaving Ade to

solo the last lap and a half. With nobody putting any pressure on, Ade still upped the tempo and finished strong. 16:19 – a track PB by about 20 seconds, and an 83% age grading. Superb run.

As Ade crossed the tape, Tom was coming around the final bend. He had managed to open a gap on the rest of the field with an aggressive final 800m. Tom broke the tape in 16:33 for a PB on both road and track. Consistent summer training has paid dividends. This must be Tom's strongest ever performance.

Second for me, and a Dulwich 1, 2 in heat B. All in all, a good evening at the races! As a bonus, there was a great atmosphere provided by hosts, Herne Hill Harriers. Spectators lined home and back straights. I was much cheered when second claimer Jack Brotchie shouted "Jack, you need to run faster!" Very much nail on head stuff. This was also the first time a meet has been held on Tooting's pillowy new track – it's a real dream to run on. As always, BMC races are well organised, cheap, and have strong fields. This one was no different, and a fantastic way to close out the season.

To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Banstead Woods

210 Ran
Pos Gen
13 13 Tony Tuohy 19:44

Bromley

443 Ran
Pos Gen
126 25 Carys Morgan 24:30
218 48 Claire Steward 27:20

Hull

412 Ran
Pos Gen
5 5 Kevin Chadwick 17:38

Old Deer Park

114 Ran
Pos Gen
47 37 Barrie John Nicholls 25:50
48 10 Lindsey Annable 26:01

Brockwell , Herne Hill

230 Ran
Pos Gen
33 28 Simon Burnett 21:31
38 32 Stephen Trowell 21:54
85 59 James Gordon 25:00

Crystal Palace

249 Ran
Pos Gen
39 2 Susan Cooper 23:32
57 50 Sam Jenkins 24:43
110 87 Michael Dodds 27:18
119 25 Clare Wyngard 27:57
145 34 Belinda Cottrill 29:45
245 98 Susan Vernon 49:04

Whitstable

341 Ran
Pos Gen
73 63 Colin Frith 25:06

Brierley Forest

192 Ran
Pos Gen
1 1 Andy Bond 17:15

Wolverhampton

249 Ran
Pos Gen
14 11 Sum Mattu 20:36

Medina I.O.W.

333 Ran
Pos Gen

3 3 Tom Shakhli 17:09
58 6 Lucy Pickering 23:28

Eden Project

336 Ran
Pos Gen
41 33 Mark Foster 21:41

Mile End

256 Ran
Pos Gen
10 7 Harry Lawson 18:46

Dulwich

331 Ran
Pos Gen
16 15 Joe Wood 17:36
32 31 Rob Fawn 18:40
50 48 Rupert Winlaw 19:46
61 2 Yvette Dore 20:12
83 75 Olivier Montfort 20:57
119 101 Lee Wild 22:12
130 16 Harriet Roddy 22:33
141 116 Graham Laylee 23:11
149 21 Teresa Northey 23:45
162 132 Hugh French 24:18
185 24 Eleanor Simmons 24:57

Tilgate

353 Ran
Pos Gen
6 6 Daniel Mann 18:29

Burgess

405 Ran
Pos Gen
89 76 Robert Tokarski 21:53
94 78 Martin Kelsen 22:05

Brandon Country Park

62 Ran
Pos Gen
7 7 James Auger 21:56

Southwark

295 Ran
Pos Gen
194 130 Paul Keating 28:51

Clacton Seafront

158 Ran
Pos Gen
2 2 Rob Hollands 19:07

Parke

184 Ran
Pos Gen

21 3 Kim Hainsworth 22:55

Peckham Rye

203 Ran
Pos Gen
5 5 Tommaso Bendoni 18:41
11 11 Michael Nogas 20:18
21 20 Justin Siderfin 21:33

Hastings

347 Ran
Pos Gen
34 32 Nicholas Brown 21:02

Tooting Common

466 Ran
Pos Gen
164 125 Ian Sesnan 24:41

Dalby Forest

147 Ran
Pos Gen
21 2 Ola Balme 22:16

Worthing

380 Ran
Pos Gen
72 62 Joseph Brady 22:56

Hasenheide

148 Ran
Pos Gen
36 5 Ange Norris 22:40

Marshall Drive, Brotton

57 Ran
Pos Gen
12 11 Dan Hill 23:08

Bolberry Down

242 Ran
Pos Gen
7 1 Polly Warrack 19:00
84 58 Michael Mann 24:17

Sutcliffe

157 Ran
Pos Gen
71 59 Dave West 25:50
80 14 Ros Tabor 26:26
133 39 Stephanie Burchill 32:51

Charlton

117 Ran
Pos Gen
45 41 Stephen Smythe 25:43

DULWICH RUNNERS KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer – Both styles are a bargain £15.



Bufs-snoods - only £6
An ideal face covering!

Socks only £5



The Beast from the East!
It's always on the way!.. be prepared..get
yourself a bobble hat £15



! Available now!
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Summer Map B

All routes go anti-clockwise

13.1 km / 8.2 miles - 106m gain

10.9 km / 6.8 miles - 76m gain

8.2 km / 5.1 miles - 50m gain

Extra full lap of Brockwell Park is 2.8km or 1.75 mile

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

